

Nutrition Facts

Brazil Nuts

Serving size (133g)

Amount Per Serving

Calories

870

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% Daily Value*

Total Fat 88g **113%**

Saturated Fat 20g **100%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 10g **36%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 19g **38%**

Vitamin D 0mcg **0%**

Calcium 273mg **20%**

Iron 0mg **0%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.